Support and expand peer support promoting positive youth development and prosocial relationships

- A vital component of peer support is individuals feeling prepared and giving accurate information. Organizations utilizing a peer model should continue to ensure sufficient structure, supports, and training.
- Support the establishment and growth of safe spaces that encourage a culture of community and resilience.

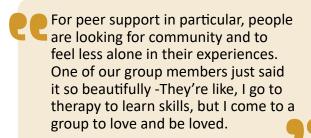
Peer support provides a unique opportunity as peers can offer their

unique lived experience with behavioral health conditions to provide mentorship and support. Benefits include:

- Skill development
- · Decrease in stigma
- Increased motivation
- Gaining hope
- Decrease in feelings of isolation

Peer support can assist by:

- · Increasing service quality
- Decreasing turnover
- · Decreasing stigma
- Enhancing the affordability of care
- · Decreasing issues of transportation
- Decreasing the impact and misinformation of social media
- Increasing people's knowledge of both behavioral health and available resources
- Providing baseline prevention care
- Providing culturally responsive services



~ Key informant interviewee



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I actually got a mentor [...] and she really helped me boost my confidence and figure out who I am as a person. And I guess she also helped me, my worth, I guess, and like helped me, I don't know, try to think positive more.

~ Focus group youth

